

Mexican Stew

(1) lg. Roast

5-6 garlic cloves

1 jar sliced nacho jalapeno's

4 cans mexican stewed tomatoes

cumin,salt and pepper

Prepare the roast by slicing little holes in it
and pushing slices of your
garlic cloves in the roast...rub into the roast
all around some cumin seasoning
and add salt and pepper...

Place the roast in a pan and almost cover
to the top of the roast with hot water.

Place aluminum foil on top of the roast and cook on 400 degrees for 2-3 hours checking the roast to make sure the water does not evaporate altogether ...you want to retain atleast 1/2 of the water juices with the roast....

After the roast feels really tender pull it from the oven and start (shredding) the meat into nice size peices....after shredding your roast return it to the juices in the pan and now sprinkle more cumin on top and add the 4 cans mexican stewed tomatos and the jar or 1/2 jar of nacho jalapenos... your choice...mix well and return back to the oven for another 30 minutes....

In individual bowls place your rice and ladle your stew on top ..serve with warm tortillas spread lightly with butter...

Make a pot of white rice and flour tortillas....Enjoy... compliments of my friend.

Charlene Gaxiola ...